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Vitamin C has shown to significantly increase the rate of change in orthodontics by enabling osteogenesis. In an experiment performed on rats the tooth movement increased by at least 20% (3.61 case vs 2.96 control, they don't mention if there is already a distance beforehand.)

Osteoclast counts where almost 40% higher in the case group (onl 0.036p though since the standard dev was high).

Newbie

http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4754566/

Some of the references are also worth noting.

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It seems high vit c might induced copper definiancy could undo the positive effect so taking enough copper would probably be a good idea, especially if one is already supplementing zinc.

Also remember that Vitamin K induces osteoclast apoptosis. Since you actually want to change bone this doesn't help you much for moving teeth/bone and taking a lot of vit C should counteract the effect.

On a side note (since you're now running osteogenesis game anyway):

Permajutting (with the help of some device, for instance a mandibular advancement device used in sleep apnea treatment) actually induces remodelling of the condylars.

Again a rat study with bite-jumping devices:

http://www.ncbi.nlm.nih.gov/pubmed/15366378

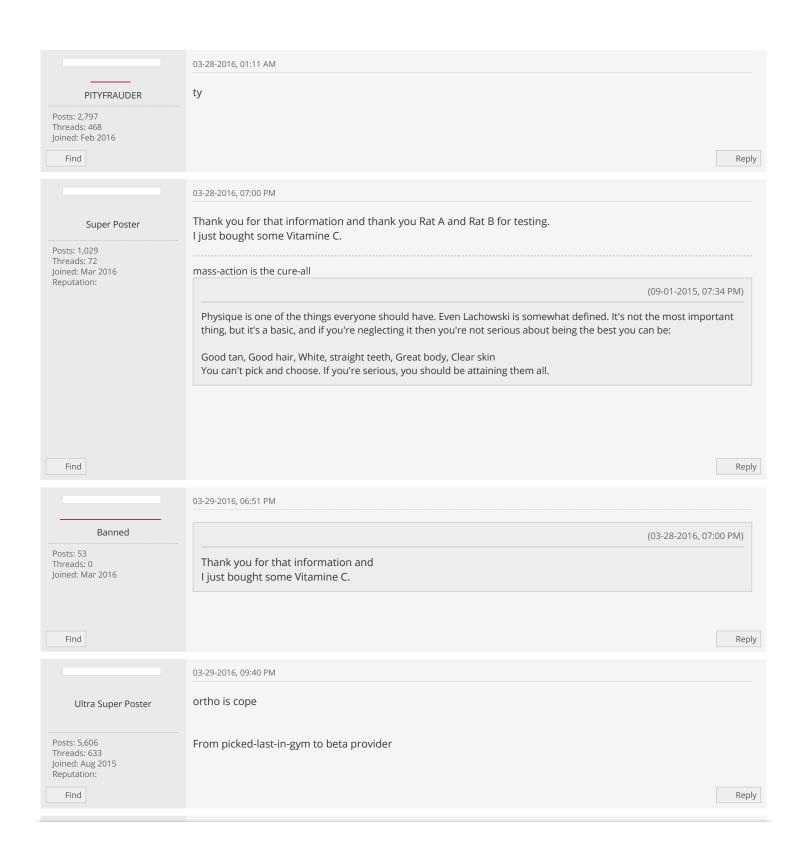
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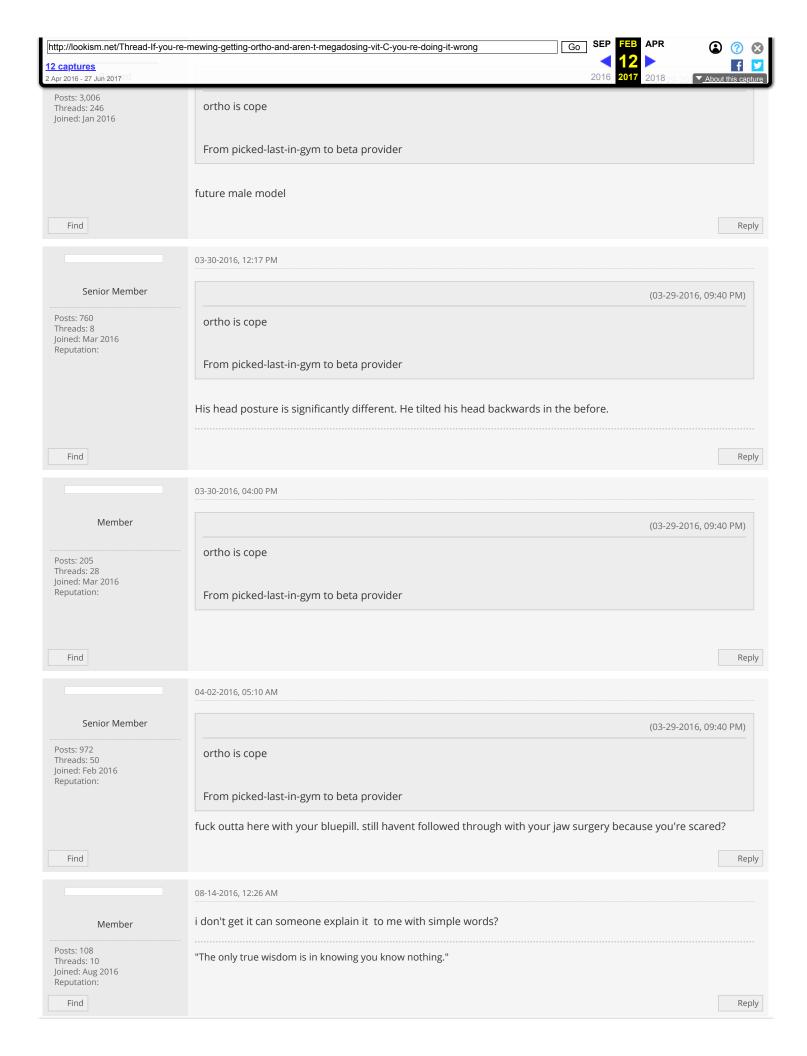
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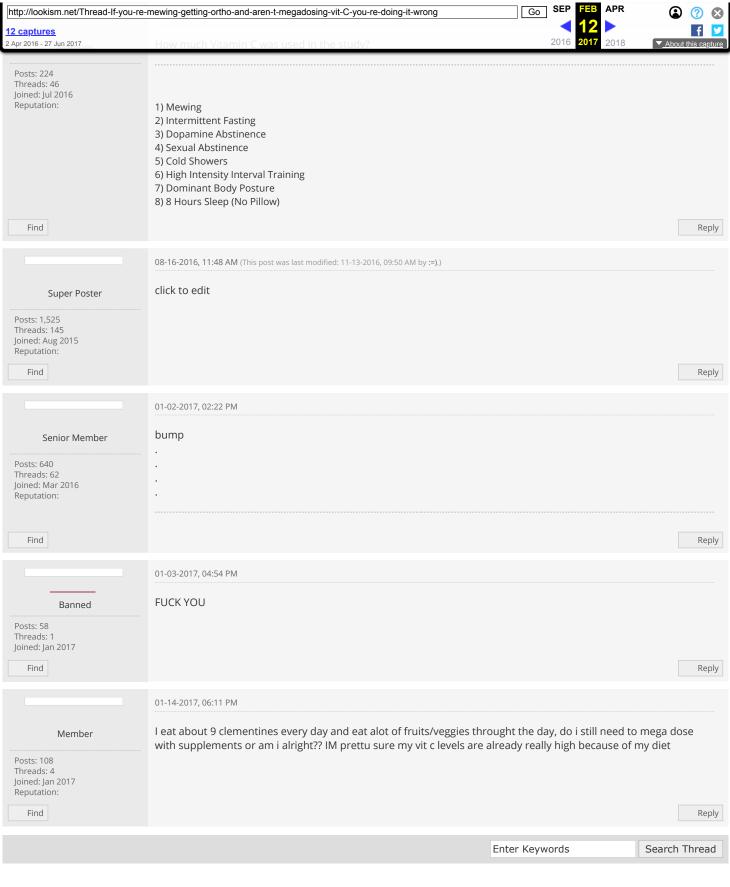
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